

PENGARUH PELATIHAN *DOUBLE LEG BOUND* DAN *SINGLE LEG BOUND* TERHADAP LOMPAT JAUH GAYA JONGKOK PADA SMP NEGERI 1 ABANG KARANGASEM

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ASBTRAK

Penelitian ini bertujuan untuk mengetahui (1) pengaruh pelatihan *double leg bound* terhadap lompat jauh gaya jongkok, (2) pengaruh pelatihan *single leg bound* terhadap lompat jauh gaya jongkok, dan (3) perbedaan pengaruh pelatihan *double leg bound* dan *single leg bound* terhadap lompat jauh gaya jongkok. Metode yang digunakan dalam penelitian ini adalah metode eksperimen, dengan subyek penelitian berjumlah 30 siswa putra. Penelitian ini menggunakan rancangan *the modified pre-test – post-test group design*. Tes yang digunakan dalam penelitian adalah tes lompat jauh gaya jongkok. Analisis data menggunakan perhitungan statistik uji-t (t-test) pada taraf signifikansi 5%. Hasil analisis data (1) pelatihan *double leg bound* berpengaruh terhadap lompat jauh gaya jongkok, dengan hasil $t_{hitung} = 59,58 > t_{tabel} = 2,14$, (2) pelatihan *single leg bound* berpengaruh terhadap lompat jauh gaya jongkok, dengan hasil $t_{hitung} = 118,61 > t_{tabel} = 2,14$, dan (3) terdapat perbedaan pengaruh pelatihan *double leg bound* dan *single leg bound* terhadap lompat jauh gaya jongkok, dengan hasil $t_{hitung} = 22,11 > t_{tabel} = 2,04$. Disimpulkan bahwa (1) terdapat pengaruh pelatihan *double leg bound* terhadap lompat jauh gaya jongkok yang signifikan sebesar 0,22%, (2) terdapat pengaruh pelatihan *single leg bound* terhadap lompat jauh gaya jongkok yang signifikan sebesar 0,33%, dan (3) terdapat perbedaan pengaruh pelatihan *double leg bound* dan *single leg bound* terhadap lompat jauh gaya jongkok sebesar 11%. Pelatihan *single leg bound* memberikan pengaruh yang lebih baik daripada pelatihan *double leg bound*. Saran bagi peneliti selanjutnya yaitu dapat mengembangkan penelitian dengan pelatihan yang berbeda untuk memperoleh pengaruh lompat jauh gaya jongkok yang lebih baik.

Kata kunci: Pelatihan *double leg bound*, pelatihan *single leg bound*.

THE EFFECT OF DOUBLE LEG BOUND AND SINGLE LEG BOUND TRAINING TOWARD CROUCHING STYLE OF LONG JUMP IN SMP NEGERI 1 ABANG KARANGASEM

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ASBTRACT

This study aims to determine (1) the effect of double leg bound training toward crouching style of long jump, (2) the effect of single leg bound training toward crouching style of long jump, and (3) the difference of the effect of double leg bound training with single leg bound towards crouching style of long jump. The method which was used in this study was an experimental method with the research subjects were 30 male students. This study used the modified pre-test - post-test group design. The test which was used in this study was the crouching style long jump test. The data analysis was using statistical calculations t-test at a significance level of 5%. The results of data analysis (1) double leg bound training influences crouching style of long jump, with results $t_{(count)} = 59.58 > t_{table} = 2.14$, (2) single leg bound training influences crouching style of long jump, with results $t_{(count)} = 118.61 > t_{table} = 2.14$, and (3) there was a difference in effect between double leg bound training and single leg bound toward crouching style of long jump, with results $t_{(count)} = 22.11 > t_{table} = 2.04$. It was concluded that (1) there was significant effect of double leg bound training toward crouching style of long jump results of 0,22%, (2) there was significant effect of single leg bound training towards crouching style of long jump results of 0,33% (3) there were differences in effect between double leg bound training with single leg bound to crouching style of long jump results with 11. Single leg bound training gives better effect than double leg bound training. The suggestions for the future researchers can develop research with different training to get better crouching style of long jump results.

Keywords: Double leg bound training, single leg bound.